

SUPPLEMENT SCHEDULE

Treatment Protocol:

Start Date

End Date

Lab Date

	On Waking	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner	Bedtime
EXAMPLE	<i>Sun Chorella 10 on empty stomach away from binders</i>	<i>Adreana Boost 2 caps</i>	<i>Lauracidin 1 scoop empty stomach</i>	<i>Body Bio 2 caps</i>	<i>Lauracidin 1 scoop empty stomach</i>	<i>Body Bio 2 caps</i>	<i>Magnesium Oxide 1-8 as needed</i>
1							
2							
3							
4							
5							
6							
7							

